

2Crunchy Cranberry SaladRev15

Number of Servings: 15 (167.86 g per serving)

Amount	Measure	Ingredient
3/4	oz	Gelatin, raspberry, sug free, low cal, dry mix, svg
3 1/2	cup	Water, municipal
4 1/2	Tbs	Juice, pineapple, unswtnd, w/o add vit C, cnd
6 3/4	tsp	Juice, lemon, cnd/btl
1 3/4	cup	Cranberry Sauce, whole, cnd
1 1/2	cup	Pineapple, crushed, w/juice, cnd, drained
1.00	cup	Celery, fresh, diced
3 1/2	cup	Mandarin Oranges, w/juice, cnd, drained

Nutrients per serving

Nutrition Facts	
Serving Size (168g)	
Servings Per Container	
Amount Per Serving	
Calories 90	Calories from Fat 0
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 55mg	2%
Total Carbohydrate 20g	7%
Dietary Fiber 1g	4%
Sugars 15g	
Protein 1g	
Vitamin A 10%	• Vitamin C 30%
Calcium 2%	• Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Instructions

- * Prepare day ahead.
- * May be made with other flavors of SF Jello

Heat water to boiling and add Sugar Free Jello and stir until completely dissolved.

Drain pineapple. Add (only the amount called for) pineapple juice and lemon juice to dissolved Jello and cool until slightly thickened.

Add drained pineapple & mandarin oranges, cranberry sauce and celery. Refrigerate.

Cut into the yield stated on recipe or serve out 6 oz (3/4 c.) with a 6 oz spoodle or cut into squares equaling 3/4 cup each.

Serving size 3/4 c or 6 oz = 1 fruit/veg serving

3/4 c serving on 1/4 c shred lettuce = 1 1/2 Carb Serv

Notes

- * Each 1/2 oz of sugar free Jello = approx 2 Tablespoons
- * Each oz = 1/4 cup
- * Each 1/4 oz = 1 Tablespoon